

**ABSTRACT**

A tampon and a tampon applicator in combination for expulsion of the tampon. The tampon applicator has a tampon holder tube and a plunger. The tampon holder tube has a hollow interior portion, an interior surface, an exterior surface, a longitudinal axis, an outer perimeter, a first end dimensioned for insertion into a vaginal cavity, a second end positioned oppositely to the first end, an end expulsion force increaser, and at least one side expulsion member. The tampon is a fluid permeable bag and absorbent material loosely dispersed within the permeable bag. The tampon is housed within the hollow interior portion of the tampon holder tube in a pre-expelled position. A plunger may also be slidably mounted in the hollow interior portion of the tampon holder tube and adapted to expel the tampon through the end expulsion force increaser.